

5 A Day Recipes

Side Dishes

Roasted Butternut Squash

Serves 4

Butternut squash are softer than acorn or other types of squash, which makes them easier to cut and prepare.

- 1 butternut squash, about 1 ½ to 2 pounds
- olive oil cooking spray
- 1/8 teaspoon allspice
- 1/8 teaspoon salt
- ¼ teaspoon pepper

Preheat oven to 350°. Cut the squash into four wedges. Remove the seeds. Mist each wedge with cooking spray and dust with allspice, salt and pepper. Bake for 40 minutes until soft.

This is an official 5 a Day recipe, and provides four people with one serving of vegetables each.